

# ADULTS TENNIS CLASS TIMETABLE (18YRS+)



**CARDIO TENNIS:** is a high energy group fitness session that combines music and tennis with cardiovascular exercise. Delivering the ultimate full body workout

**ADULT REFRESHER:** Designed to help revisit and reinforce key fundamental tennis skills. Useful for those players who have had previous experience that may not have played for a while or want to brush up on their skills

**MID WEEK EVENING DRILLS:**  
A combination of doubles and drills. An ideal session for those wanting to improve on their double play

**CLUB SOCIAL:** A club night that brings members of Broomhall together for an evening of friendly mix in matches. All abilities welcome \*register your spot through Broomhall [here](#)

<b>SUN</b>	<b>ADULT REFRESHER</b> 09.00AM - 10.00AM (AT WHITE WALTHAM) MEMBERS: FREE NON MEMBERS: £12.50				
<b>MON</b>					<b>CARDIO TENNIS</b> 19.00PM - 20.00PM (AT BROOMHALL) MEMBERS: FREE NON MEMBERS: £12.50
<b>TUE</b>					<b>CLUB SOCIAL MIXED DOUBLES</b> 19.00PM - 20.00PM (AT BROOMHALL) <b>BROOMHALL MEMBERS ONLY: FREE</b>
<b>WED</b>	<b>TEAM DRILLS</b> 09.30AM - 11.00AM (AT BROOMHALL) £17.50 PER SESSION *£15.00 FOR 6 SESSIONS <b>ADVANCE TEAM PLAYERS AND INVITE ONLY</b>	<b>ADULT REFRESHER</b> 11.00AM - 12.30PM (AT BROOMHALL) MEMBERS: FREE NON MEMBERS: £15.00			<b>CARDIO TENNIS</b> 19.00PM - 20.00PM (AT BROOMHALL) MEMBERS: FREE NON MEMBERS: £12.50
<b>THU</b>					
<b>FRI</b>	<b>ADULT DRILLS</b> 09.00AM - 10.00AM (AT BROOMHALL) MEMBERS: FREE NON MEMBERS: £12.50				
<b>SAT</b>	<b>ADULT REFRESHER</b> 10.00AM - 11.00AM (AT DOUAI PARK) MEMBERS: FREE NON MEMBERS: £12.50				



Match Point Tennis Coaching

\*Lessons available as drop in's or Membership (direct debit) from £40.00